

CASE STUDY

Equipping Educators, Empowering Girls

A Virtual Train-the-Trainer Pilot in Sierra Leone

IMPACT AT A GLANCE

3 Educators certified as certified facilitators	15 Girls (ages 8–12) directly trained	100% of teachers felt equipped to support students post-training (up from 50%)	\$0 direct facilitation cost — fully virtual delivery
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The Challenge

Sierra Leone's youth and educators face compounding barriers to mental wellness, many rooted in the lasting effects of the 1991–2002 civil war, chronic poverty, and food insecurity.

- **Scarce mental health infrastructure.** Very few psychologists, psychiatrists, or licensed counselors serve the country, and access is even more limited outside Freetown.
- **Stigma.** Emotional and behavioral struggles are often attributed to spiritual causes or personal weakness rather than understood and addressed.
- **Barriers to learning.** Long walks to school, hunger, and pressure to work leave many students unable to concentrate or fully engage.
- **Teacher burnout.** Large class sizes, heavy workloads, and minimal professional development - particularly in trauma-informed practice - put educators at high risk of compassion fatigue.
- **No safety net at school.** Most schools have no counselors or referral networks, leaving teachers to manage students' emotional needs alone.

Our Approach

Neuro580 Gives and Corus International paired evidence-informed, brain-based mental wellness training with Corus's deep community relationships and local trust — delivering a model built to be affordable, culturally relevant, and self-sustaining.

- **Train-the-Trainer, delivered virtually.** Educators complete a 10-week online course, then are certified to deliver Neurohacks — simple, brain-based regulation techniques — directly to their students.
- **Reaches educators and students together.** The same cohort that builds teachers' own capacity to manage stress also equips them to bring those tools straight into the classroom.
- **Built for young learners.** Introducing Neurohacks to children ages 8–12 builds emotional awareness, self-regulation, and resilience ahead of adolescence.
- **Designed to outlast the program.** Because facilitators are certified locally, schools retain the capacity to keep teaching Neurohacks long after the initial training ends — no continued external facilitation required.

A Fully Virtual Model, Start to Finish

What made this pilot distinct wasn't just what was taught — it was how it was delivered. Every single touchpoint in the program, from first training to final certification, happened virtually. No flights, no in-country facilitators on the ground, no venue costs — just a laptop and an internet connection on both ends.

- **Virtual Training.** The full 10-week Train-the-Trainer course was delivered entirely online.
- **Virtual Kickoff.** The program launch with educators was hosted remotely.
- **Virtual Youth Kickoff.** Students were introduced to the program the same way — no in-person visit required.
- **Virtual Case Study Presentations.** Results and experiences were shared back with Dr. Justice remotely.
- **Virtual Certification.** Educators were certified as Neurohacks facilitators without ever needing an in-person evaluator.

This virtual model can reach communities anywhere with an internet connection, at a fraction of the cost of an in-person deployment — without sacrificing the quality of training or the strength of the certification.

Implementation in Sierra Leone

In this pilot, three educators completed the 10-week virtual Train-the-Trainer course and were certified as Neurohacks facilitators. Those educators then brought the program directly to their students — reaching 15 girls ages 8–12 with hands-on Neurohacks training.

- **Classroom integration:** Certified educators now incorporate brief Neurohacks into daily routines to support focus, engagement, and readiness to learn.
- **Personal well-being:** Teachers use the same techniques to manage their own stress and model healthy regulation for students.
- **School climate:** Consistent use of Neurohacks is helping build calmer, more psychologically safe classrooms.

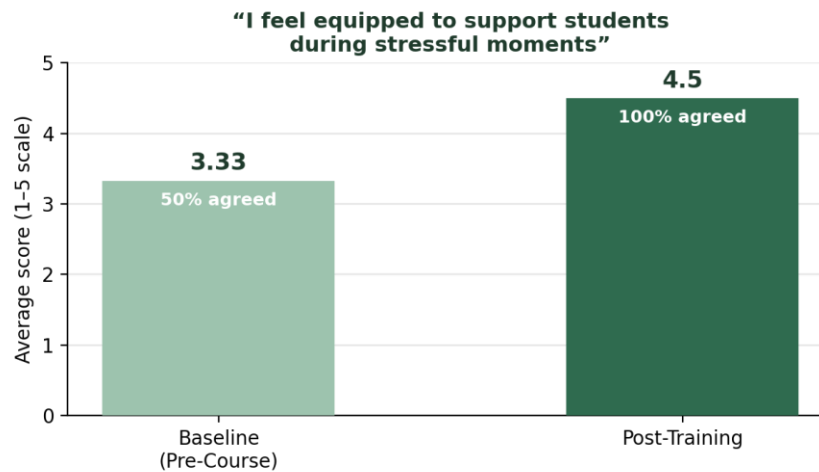
Beyond Sierra Leone: One Model, Two Countries, Two Languages

Dr. Justin Sadiki completed the virtual Train-the-Trainer course alongside this cohort and was certified as a Neurohacks facilitator through the same fully remote pipeline.

With his certification, he went on to facilitate a Neurohacks session in the Democratic Republic of Congo — delivered entirely in French. The same virtual model that certified educators in Sierra Leone extended, without modification, across a national border and a language barrier: evidence of just how portable and scalable this approach is.

Results & Impact

Educators were surveyed before the course began and again after completing the Train-the-Trainer session. On the one question asked identically at both points — “I feel equipped to support students during stressful moments” — confidence rose sharply:



In their own words

“The most important takeaway I got from the Train the Trainer session is understanding how stress, anxiety, depression and other negative tendencies affect the brain and in turn affects our output or performance, and within these episodes, we can use neuro-hacks to move from red to green.”

“It is important to know that anyone can experience mood fluctuations throughout the day—or even at a specific moment—and that it is possible to shift directly from an unstable state to a calmer one (from red to green) in just a few moments, simply by using easy techniques known as “Neurohacks.””

“In a red situation, always use the 10-2 Neurohack to move to green by practicing it properly.”

Looking Ahead

This virtual, Train-the-Trainer model — pairing a 10-week online course with direct delivery to both educators and students — is now the standard approach Neuro580 Gives plans to integrate across future collaborations. The Sierra Leone pilot demonstrates that this model can deliver strong, measurable gains in educator confidence and direct reach to students, at a fraction of the cost of in-person programming.